



Term 1	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
77-101	University Seminar		1	
10-111	Composition I		3	
08-103	General Psychology		3	
45-240	Foundations of Recreation		3	
45-245	Inclusion in Recreation & Sport		3	1
Total Hours			13	
Term 2	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
	Humanities Choice (1 of 2)		3	• Or write milestone in as a comment
04-102/103	General Biology and Lab		4	1
10-112	Composition II		3	
	Fine Arts Choice		3	
	Digital Literacy		3	
Total Hours			16	
Term 3	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
22-254	Anatomy and Physiology		3	2
47234	Nutrition and Diet Behavior		3	
29-102	Fundamentals of Oral Communication		3	
45-340	Recreation Programming		3	
	Program Elective		3	
Total Hours			15	
Term 4	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
08-333	Developmental Psychology	08-103	3	
45-443	Techniques of Recreation Leadership		3	
45-440	Recreation Operations Management		3	
10-112	Math		3	
45-450	SUMMER – Field Experience	45-430	3	Permission Required
Total Hours			15	
Term 5	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
22-332	Physiology of Exercise	22-254	3	3
22-410	Adapted PE		3	
	History		3	
45-533	Recreation Sport Management (Fall Only)	45-340	3	
	Program Elective		3	
Total Hours			15	
Term 6	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
22-336	Biomechanics	22-336	3	
	Social Behavioral Science Choice		3	




1 = a milestone course completed by end of year 1 to remain on pace to finish degree requirements in four years.


2 = a milestone course completed by end of year 2 to remain on pace to finish degree requirements in four years.


3 = a milestone course completed by end of year 3 to remain on pace to finish degree requirements in four years.


4 = a milestone courses taken in final year to complete degree requirements.




34-102	American Government & Politics		3	
	Physical Science & Lab Choice		4	
Total Hours			13	
Term 7	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
22-555	Interventions and Strategies for Health Behavior Change (Fall Only)		3	Apply for graduation
10-220	Introduction to Literature		3	
	Program Elective		3	Course selection must be 300+ level
	Humanities choice (2 of 2)		3	
Total Hours			12	
Term 8	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
45-546	Administration of Recreation	45-450	3	
45-446	Evaluation of Leisure Services		3	
	General Elective		3	Course selection must be 300+ level
	General Elective		3	Course selection must be 300+ level
Total Hours			12	
Term 9- Summer	Course Title/Description	Pre-requisite	Cr Hrs	Milestone/Notes
45-499	Recreation Internship	45-450 or 45-455	9	Should be Last Class Taken – Permission Required
Total Hours			9	

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 = a milestone course completed by end of year 3 to remain on pace to finish degree requirements in four years.

 = a milestone courses taken in final year to complete degree requirements.